



**NEW & NOTEWORTHY HAPPENINGS IN
OUR VILLAGE**



HUDSON
TWINSBURG
SOLON

JUNE NEWSLETTER



Events & Happenings

[June Virtual Schedule](#)

Thank you for your continued support of FIT4MOM Hudson, Twinsburg & Solon! We look forward to continuing to offer you unique classes and programs on Zoom during the month of June, and if you haven't yet joined us for one of our live virtual classes, I hope that we'll be able to "see" you in a class soon! The health and safety of you and your families is my top priority, and I am so glad that our Village has been able to stay connected virtually during this time.

Starting June 1, we are adjusting the schedule of our virtual events. Tues Coffee Chat and Thurs MNI will be on alternate weeks. Virtual Play Groups will be every other week and will occur the same week as the Tues Coffee Chat. Check our weekly schedule in your email and on [Facebook](#) for details on that week's events!

Links to the workouts are available to our current members in our private Facebook groups for each program. Links to the free virtual events are available on our [Village Facebook page](#).

If you would like to try out a FREE virtual fitness class or event, please fill out this [form](#).

We would love for you to join us, mama!

 Virtual Schedule	FIT4MOM Hudson, Twinsburg & Solon						
	MON	TUES	WED	THURS	FRI	SAT	SUN
	9:30am Stroller Strides		9:30am Stroller Strides		9:30am Stroller Strides	8am Body Back	
		1:30pm Coffee Chat		10am Play Group			
	6pm Stroller Strides	7pm Body Back	6pm Strides 360	8:30pm Mom's Night In			

Attention Teachers!

THANK YOU for all the hard work you have put in over the past few months to make sure our children continued to learn at home!

We are bringing back our Teacher's Pass this summer with a deal specifically for YOU!

Get 3 months of UNLIMITED Stroller Strides AND our NEW Program Strides 360 for \$175 -- that's up to 6 classes a week for only \$3.65 per class!

Not a teacher? Forward this email to a teacher friend that you'd love to have join us in class!

PURCHASE NOW

Body Back Summer Series

Our Body Back® Summer Series kicked off on May 26th, but it's not too late to join in the fun!

Body Back® is a 60-minute high-intensity interval workout (HIIT) that cycles through cardio, strength, and core work and concludes with a relaxing meditation to help you recharge and return to your family. This class is for mamas of all ages and stages and is all about YOU!



Runs from **May 26 - Sept 15** (32 Classes)

Regular Price: \$249

Ways to buy: You can attend Body Back classes during the Summer Series with a ten class pass, purchase a class pass for the entire series*, or buy the Body Back & Strides 360 All Access Pass* to attend both Body Back and Strides 360.

**4 month payment plan available*

*Save \$20 with coupon code **VIRTUAL20***

COUNT ME IN!



Mama of the Month

Meet Margi Shah, our June Mom of the Month! In this series we feature a mom in our Village each month.

Tell us about your family: I have been married to Nirav for 6 years and we have a lovely daughter Dhyana who will turn 2 in June.

Hometown: Mumbai, India. Nirav came for his masters at Cleveland State University in 2008 and has been in the States since then and I came here after our marriage.



Current/previous career: I am a Physical therapist by profession. Currently, I am a stay at home mom and will be resuming my work soon.

What does motherhood mean to you? It's a blessing and the most selfless job where you follow just your heart and don't seek for any rewards or appreciation in return. In Indian mythology, Mother is considered the epitome of God and I call myself lucky to be one.

How did you find FIT4MOM? During my pregnancy I was googling for prenatal classes around me and found Fit4mom and I am glad to find a beautiful and wonderful group of mamas where everyone is so welcoming with no judgement.

Proudest moment: Achieving my Physical Therapy License in the USA.

What classes do you currently attend and why do you love them? Currently, I attend Stroller Strides and Strides 360 classes. The best part of these classes is you can take your kids and workout at the same time plus you get to meet mamas and interact. Also, kids get to play after class and make new friends.

Which is your favorite exercise? PLANKS.

How has Fit4Mom changed your life? I feel energized after the class and it's not just because of the exercise but being surrounded by moms who inspire each other and positivity. This group has become a part of my life and I feel incomplete without it.

What's one thing you would go back and tell yourself as a new mom? RELAX.

Follow your instincts and take as much rest as you can. Don't hesitate if someone offers help and most importantly, "Be Happy".

Questions for kiddos:

How old is Mommy? 2

What's something Mommy always says? Dhyana

What is mom really good at? I love you so much

What's mom's favorite thing to do? No

What makes you proud of your mom? Love you

Margi, we are so happy to have you as a part of our Village and can't wait to see you continue to crush your goals!

Miscarriage, a Rainbow Baby, and a Pandemic

Written by Rebecca Livergood

My 2019 started out on a high as I checked an item off of my bucket list and ran the Disney World Marathon. My body completed this amazing feat, and then it felt as if it was failing me. I had a chemical pregnancy and quickly became pregnant again. I hit the 12 week mark to learn baby stopped growing at 8 weeks. I had a missed miscarriage and scheduled a D&C. I was diagnosed with a partial molar pregnancy, which happens in about 1 in 1000 pregnancies. There is fetal tissue, tumor tissue and the baby will not survive. The tumor can cause a treatable cancer if not removed and prolongs the process of trying to become pregnant again. I struggled with the loss of my baby and had the fear of getting cancer.



My mental health plummeted, my anxiety was at an all time high, I couldn't sleep, and I was having panic attacks. With high deductible insurance, I was left with thousands in medical bills through ultrasounds and the D&C. There were reminders everywhere that I was no longer pregnant. I went to weekly anxiety-inducing blood draws to confirm my hCG levels were going down and all the tissue was removed. After 8 weeks, I was in the clear and was given the ok to try again whenever ready.

I tried to find the balance with Fit4Mom. I was leaning heavily on my mom friends, especially those who I knew experienced miscarriages. I am forever grateful to them for sharing their stories and allowing me to process my grief. I struggled to be around other moms too. Debating whether or not share my story and learning of other pregnancies, my emotions were all over the place.

The experience was life changing and had some positive outcomes. It's extremely hard to take care of two children when you barely want to take care of yourself. This was the push for me to ask for medication. I also threw myself into exercise, with daily workouts, walks, yoga and meditation. With the help of active grandparents, my husband and I took our first kid-free vacation and it gave it a chance to take care of myself.

I became pregnant shortly after being cleared. Pregnancy after a loss filled me with fear. Getting blood draws to confirm a healthy pregnancy reminded me of all the weekly draws I had only months before. I held my breath as I waited for the ultrasound tech to find a heartbeat and confirm there was no tumor tissue. Only to cross my fingers until the next appointment that a heartbeat would continue. It was a challenge to find the joy in pregnancy and honestly, some days I didn't.

I assumed my anxiety would decrease further into pregnancy but it stayed active throughout. The stay at home order came into place and there were so many unknowns for the whole world. I began to have panic attacks again not knowing when the virus would peak, what would happen if I contracted Covid-19, what hospital policies would be, and what things would look like for my family after. My mind couldn't rest over so many what ifs and all the things that could still go wrong. I knew the only thing that would give me relief was a healthy baby in my arms.

My doctor gave me the option to be induced at 39 weeks and for me it made the most sense. As for labor and delivery, things were surprisingly normal. Besides wearing masks into the building, opting to get the Covid-19 test, not having visitors, and leaving when baby was 24 hours old, everything else was comparable to my other two births. I was beyond grateful to have my rainbow baby safely in my arms almost a year to the date of my D&C. It's crazy how drastically different my life turned in a year. I stare at my baby and honestly can't believe she's real.

The path through motherhood is not easy. After two healthy pregnancies, I was not prepared for how hard I would struggle after miscarriage and how challenging the loss would be. It taught me the importance of keeping my mental health in check and knowing when to ask for support. Everyone's journey to and through motherhood is different and a most of the time you have no idea what others went through for their children. I'm so glad to have my Fit4Mom family and couldn't imagine having gone through this without them. Find your mom tribe, share your highs and lows, ask for support and build each other up while we go through this amazing, crazy stage of life together.

Want to join our Village? Your first class is always free!

[LEARN MORE](#)

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